

Navigating life with heart disease?

MyHeart MyLife can help

The free digital support program
provides expert guidance and
practical information to help you to:



learn how to look after
your heart



care for your emotional
health and wellbeing



feel motivated and
inspired to live well.

Join MyHeart MyLife today



Scan the QR code or visit myheartmylife.org.au



Top tips for living well with heart disease



Know your heart

When you know how your heart works and understand your heart condition, it's easier to feel more confident and in control.



Take your medicines as prescribed

Taking your heart medicines as prescribed by your doctor can help keep you feeling well and reduce your risk of future heart problems.



Stay connected with your doctor

Regular appointments with your doctor are important. Your doctor can monitor your blood pressure and cholesterol, change your medicines and check in on your overall health.



Follow a heart-healthy eating pattern

Opt for plenty of veggies, fruits, wholegrains, healthy lean proteins, reduced fat, unflavoured dairy and healthy fats and oils. Add flavour with herbs and spices instead of salt.



Keep yourself active

Physical activity is good for both heart and mind. Find activities you enjoy – every bit counts! Ask your doctor for advice on safe ways to stay active.



Connect with others

Join the MyHeart MyLife Facebook community to connect with other people living with a heart condition who understand what you're going through:

facebook.com/groups/myheartmylifecommunity

Want to learn more about living well with heart disease?
Visit **myheartmylife.org.au**